TRICARE

- **To obtain the most current data refer to the official website of the Office of the Assistant Secretary of Defense (Health Affairs) and the TRICARE Management Activity at http://www.tricare.mil.**
- **Click “TRICARE Beneficiaries Enter Here.”**
- **Go to the Navigation bar entitled “Regions” and select your applicable Region.**
- **For members of the National Guard and U.S. Army Reserve, refer to http://www.tricare.mil/reserve/reserveselect/index.cfm**